

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS ⁵⁰

Category D: Complementary medicine.

Discipline Specific

D.33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

HEALTHY WEIGHT WITH GLUCOSE CONTROL, 30 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **HEALTHY WEIGHT WITH GLUCOSE CONTROL** is available without a doctor's prescription.
- Nevertheless, you still need to use **HEALTHY WEIGHT WITH GLUCOSE CONTROL** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **HEALTHY WEIGHT WITH GLUCOSE CONTROL** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **HEALTHY WEIGHT WITH GLUCOSE CONTROL** is and what it is used for.
- What you need to know before you take **HEALTHY WEIGHT WITH GLUCOSE CONTROL**.
- How to take **HEALTHY WEIGHT WITH GLUCOSE CONTROL**.
- Possible side effects.
- How to store **HEALTHY WEIGHT WITH GLUCOSE CONTROL**.
- Contents of the pack and other information.

WHAT HEALTHY WEIGHT WITH GLUCOSE CONTROL CONTAINS

Each one (1) tablet of **HEALTHY WEIGHT WITH GLUCOSE CONTROL** contains the following actives:

Pasteurised Akkermansia muciniphila MucT	30 billion cells
Green tea (Camellia sinensis) [leaf] Extract of which EGCG	265 mg 115 mg
Vitamin B2	0,21 mg
Chromium	60 ug
Vitamin D3	5 ug

Inactive Ingredients: Microcrystalline cellulose, calcium phosphate, mono and diglycerides of fatty acids, magnesium salts of fatty acids, hydroxypropyl cellulose, corn starch, silicon dioxide, polyethylene glycol. **This product is gluten, lactose, allergen, GMO and colourant free.**

WHAT HEALTHY WEIGHT WITH GLUCOSE CONTROL IS AND WHAT IT IS USED FOR

HEALTHY WEIGHT WITH GLUCOSE CONTROL supports metabolic and digestive well-being by assisting with normal gut microflora balance, glucose metabolism, and healthy energy utilisation.

BEFORE YOU TAKE HEALTHY WEIGHT WITH GLUCOSE CONTROL

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **HEALTHY WEIGHT WITH GLUCOSE CONTROL** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. Not suitable for persons under the age of 18 years. You have been advised by your healthcare provider to avoid supplements containing green tea extract, chromium, or vitamin D3.

This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, you should consult with your healthcare practitioner before use. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare practitioner for advice before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **HEALTHY WEIGHT WITH GLUCOSE CONTROL** may interfere with the daily activities of a patient.

Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **HEALTHY WEIGHT WITH GLUCOSE CONTROL** may affect you.

TAKING OTHER MEDICINES WITH HEALTHY WEIGHT WITH GLUCOSE CONTROL

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner

HOW TO TAKE HEALTHY WEIGHT WITH GLUCOSE CONTROL

Do not share medicines prescribed for you with any other person. Always take **HEALTHY WEIGHT WITH GLUCOSE CONTROL** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Important Information About Some of the Ingredients:

Contains green tea extract, which naturally contains small amounts of caffeine. Vitamin B2 may cause harmless yellow discolouration of urine.

Directions for use:

Adults: Take one (1) tablet daily, with food or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE HEALTHY WEIGHT WITH GLUCOSE CONTROL THAN YOU SHOULD

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.



IF YOU FORGET TO TAKE HEALTHY WEIGHT WITH GLUCOSE CONTROL Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

HEALTHY WEIGHT WITH GLUCOSE CONTROL may have side effects. Use with caution if you have a diagnosed medical condition: Diabetes or impaired glucose tolerance, as chromium and green tea extract may influence glucose regulation. Liver conditions or a history of liver sensitivity, due to green tea extract. Kidney disorders, abnormal calcium levels, hyperparathyroidism, or any condition affecting calcium metabolism (vitamin D3 consideration). Any chronic gastrointestinal, metabolic, endocrine or cardiovascular condition—consult your healthcare provider before use. Interactions With Medicines: Green tea extract and chromium may influence the effects of medicines used to regulate blood glucose levels (e.g., insulin or oral antidiabetic medicines). May interact with blood-thinning medicines such as warfarin and related anticoagulants. Green tea extract may interact with stimulant-containing products, certain cardiovascular medicines, and medicines that affect liver function. Vitamin D3 may interact with medicines that alter calcium levels, such as corticosteroids, thiazide diuretics and some anti-epileptic medicines. If any of the following happens, stop using **HEALTHY WEIGHT WITH GLUCOSE CONTROL** and tell your doctor or go to the casualty department at your nearest hospital:
Allergic reactions—rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

These are all very serious effects. If you have them, you may have had a serious reaction to **HEALTHY WEIGHT WITH GLUCOSE CONTROL**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):
nausea, stomach pain, loss of appetite, headache.

Not all side effects and interactions reported for **HEALTHY WEIGHT WITH GLUCOSE CONTROL** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/B>. By reporting side effects, you can help provide more information on the safety of **HEALTHY WEIGHT WITH GLUCOSE CONTROL**.

STORAGE AND DISPOSING OF HEALTHY WEIGHT WITH GLUCOSE CONTROL

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

Do not use after the expiry date stated on the bottle.

Do not use **HEALTHY WEIGHT WITH GLUCOSE CONTROL** if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF HEALTHY WEIGHT WITH GLUCOSE CONTROL

30 TABLETS - A white 175 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

IDENTIFICATION OF HEALTHY WEIGHT WITH GLUCOSE CONTROL

Tablet.

REGISTRATION NUMBER –

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

28 November 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS **50**

Kategorie D: Komplementêre medisyne.

Dissipline-spesifiek

D.34.7. Kombinasieprodukt

HANDELSNAAM EN DOSEERVORM,

HEALTHY WEIGHT WITH GLUCOSE CONTROL, 30 tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT
BELANGRIKE INLIGTING VIR U

- **HEALTHY WEIGHT WITH GLUCOSE CONTROL** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **HEALTHY WEIGHT WITH GLUCOSE CONTROL** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **HEALTHY WEIGHT WITH GLUCOSE CONTROL** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisy van jy meer inligting of advies benodig.

WAT IS HIERDIE INLIGTINGSBLAD

- Wat **HEALTHY WEIGHT WITH GLUCOSE CONTROL** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **HEALTHY WEIGHT WITH GLUCOSE CONTROL** neem.
- Hoe om **HEALTHY WEIGHT WITH GLUCOSE CONTROL** te neem.
- Moontlike newe-effekte.
- Hoe om **HEALTHY WEIGHT WITH GLUCOSE CONTROL** te bêre.
- Inhoud van die pak en ander inligting

WAT HEALTHY WEIGHT WITH GLUCOSE CONTROL BEVAT

Elke een (1) tablet **HEALTHY WEIGHT WITH GLUCOSE CONTROL** bevat die volgende aktiewe:

Gepasteuriseerde Akkermansia muciniphila	30 miljoen selle
MucT	
Groen tee (Camellia sinensis) [blaar] Ekstrak	265 mg
waarvan EGCG	115 mg
Vitamiën B2	0,21 mg
Chroom	60 ug
Vitamiën D3	5 ug

Onaktiewe bestanddele: Mikrokristallyne sellulose, kalsiumfosfaat, mono- en diglisieriede van vetsure, magnesiumsoute van vetsure, hidrokispropielcellulose, mieliesiel, silikondoksied, poliëtiënglikol.

Hierdie produk is vry van gluten, laktose, allergene, GGO en kleurmiddels.

WAT IS HEALTHY WEIGHT WITH GLUCOSE CONTROL EN WAARVOOR WORD DIT GEBRUIK

HEALTHY WEIGHT WITH GLUCOSE CONTROL bevorder metaboliese en spysverteringsgestand deur te help met normale derminkroflora-balans, glukosemetabolisme en gesonde energiebenutting.

VOORDAT JY HEALTHY WEIGHT WITH GLUCOSE CONTROL NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisy te raadpleeg nie. Moenie **HEALTHY WEIGHT WITH GLUCOSE CONTROL** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisy gaan voordat jy hierdie aanvulling neem. Nie geskik vir persone onder die ouderdom van 18 jaar nie. Jou gesondheidspraktisy het jou aangerai om aanvullings wat groen tee-ekstrak, chroom of vitamien D3 bevat, te vermy. **Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.**

SWANGERSKAP EN BORSVOEDING Veiligheid tydens swangerskap en borsvoeding is nog nie vasgestel nie, moet u voor gebruik met u gesondheidsorgpraktisy konsulteer. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisy voordat u hierdie aanvulling neem.

BESTUUR EN GEBRUIK VAN MASIËNE Dit is nie altyd moontlik om te voorspel in watter mate **HEALTHY WEIGHT WITH GLUCOSE CONTROL** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, sel, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **HEALTHY WEIGHT WITH GLUCOSE CONTROL** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET HEALTHY WEIGHT WITH GLUCOSE CONTROL

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisy te raadpleeg nie.

HOE OM HEALTHY WEIGHT WITH GLUCOSE CONTROL TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **HEALTHY WEIGHT WITH GLUCOSE CONTROL** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisy voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisy as jy onseker is.

Belangrike inligting oor sommige van die bestanddele:

Bevat groen tee-ekstrak, wat natuurlik klein hoeveelhede kafeïen bevat. Vitamiën B2 kan onskadelike geel verkleuring van urine veroorsaak.

Aanwysings vir gebruik:

Volwassenes: Neem een (1) tablet daaglik, saam met kos of soos voorgeskryf deur jou gesondheidspraktisy. **Moenie meer as die aanbevole dosis neem nie.**

AS JY MEER HEALTHY WEIGHT WITH GLUCOSE CONTROL NEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM HEALTHY WEIGHT WITH GLUCOSE CONTROL TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NEWE-EFFEKTE

HEALTHY WEIGHT WITH GLUCOSE CONTROL kan newe-effekte hê. Gebruik dit met omsigtigheid as jy 'n gediagnoseerde mediese toestand het: Diabetes of verminderde glukosetoleransie, aangesien chroom en groen tee-ekstrak glukoseregulering kan beïnvloed. Lewertoestand of 'n geskiedenis van lewersensitieweit, as gevolg van groen tee-ekstrak. Niersiektes, abnormale kalsiumvlakke, hiperparatirose, of enige toestand wat kalsiummetabolisme beïnvloed (vitamiën D3 oorweging). Interaksies met medisyne: Groen tee-ekstrak en chroom kan die effekte van medisyne wat gebruik word om bloedglukosevlakke te reguleer (bv. insulien of orale anti-diabetiese middels) beïnvloed. Kan interaksie hê met bloedverdunnende medisyne soos warfariën en verwante antikoagulant. Groen tee-ekstrak kan interaksie hê met produkte wat stimulanse bevat, sekere kardiovaskulêre medisyne, en medisyne wat lewerfunksie beïnvloed. Vitamiën D3 kan interaksie hê met medisyne wat kalsiumvlakke verander, soos kortikosteroïede, tiazied-diuretika en sommige anti-epileptiese middels. As enige van die volgende gebeur, hou op om **HEALTHY WEIGHT WITH GLUCOSE CONTROL** te gebruik en vertel jou dokter of gaan na die ongevallende afdeling by jou naaste hospitaal: Allergiese reaksies-uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **HEALTHY WEIGHT WITH GLUCOSE CONTROL** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê. Newe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteur aan u gesondheidsorgpraktisy as dit voortduur):

naarheid, maagpyn, verlies aan eetlus, hoofpyn.

Nie alle newe-effekte en interaksies wat vir **HEALTHY WEIGHT WITH GLUCOSE CONTROL** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisy vir raad. As jy enige newe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisy in kennis.

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisy. U kan ook newe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/index/8>. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **HEALTHY WEIGHT WITH GLUCOSE CONTROL**.

HOE OM HEALTHY WEIGHT WITH GLUCOSE CONTROL TE BÊRE

Bêre alle medisyne buite bereik van kinders.

Bêre in 'n koel, donker plek, onder 25 °C.

Beskermer teen direkte sonlig en hitte.

Bêre in die oorspronklike verpakking.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie **HEALTHY WEIGHT WITH GLUCOSE CONTROL** gebruik as u sigbare tekens van agteruitgang opmerk nie.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN HEALTHY WEIGHT WITH GLUCOSE CONTROL

30 TABLETTE - 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksiesel, peuterkripspeël, spons en silikagelsakkie.

IDENTIFIKASIE VAN HEALTHY WEIGHT WITH GLUCOSE CONTROL Tablet.

REGISTRASIE NOMMER

Om deur SAHPRA toegeen te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

28 November 2025

NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

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